

(c) a plurality of traction means extending from the opposing bottom surface of said flange, said flange distributing said weight over turf being walked on while said traction means provide traction against said turf; and

(d) said flange and said traction means having a combined profile of at most about 0.25 inch as measured from said upper surface of said flange to a bottom portion of a most downwardly extending portion of said traction means; wherein:

said cleat provides traction against the ground without doing damage to the turf surface being walked on and without puncturing golf turf.

18. (new) The removable golf shoe cleat of claim 18 wherein said traction means comprise a resilient material.

19. (new) The removable golf shoe cleat of claim 18 wherein said traction means comprise a durable plastic material.

20. (new) The removable golf shoe cleat of claim 20 wherein said durable plastic material comprises polyether block urethane.

21. (new) The removable golf shoe cleat of claim 18 wherein said flange attachment means comprises a threaded stud extending from said upper surface of said flange of said cleat.

22. (new) The removable golf shoe cleat of claim 22 wherein:

said traction means extending from said opposing lower surface of said flange comprise ribs; and

each of said ribs has a maximum height between about 0.03125 inch and about 0.125 inch.

24. (new) The removable golf shoe cleat of claim 23 wherein each of said ribs has a length and a series of cross sections taken at different points along said length, each of said cross sections having a respective height, said respective heights varying along said length of said rib.

25. (new) The removable golf shoe cleat of claim 18 wherein said opposing bottom surface of said flange has a convex shape.

26. (new) A removable golf shoe cleat for use in a golf shoe having a sole, said sole having a plurality of sole attachment means for attachment of removable cleats, said removable golf shoe cleat comprising:

(a) a flange having an upper surface and an opposing lower surface that distributes weight of a wearer of said cleat over turf being walked on;

(b) flange attachment means extending from the upper surface of said flange for removably attaching said cleat to one of said sole attachment means of said sole of said shoe; and

(c) a plurality of protrusions on said opposing lower surface of said flange, said flange contacting turf being walked on and distributing said weight over said turf being walked on and distributing said weight over said turf while said protrusions provide traction against said turf; wherein:

    said protrusions provide traction against the ground without doing damage to the turf surface being walked on and without puncturing golf turf.

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27. (new) A removable golf shoe cleat for use in a golf shoe having a sole, said sole having a plurality of cleat receiving members for attachment of respective removable cleats, said removable golf shoe cleat comprising:

(a) a flange having an upper surface and an opposing bottom surface that distributes the weight of the wearer of said cleat over turf being walked on;

(b) a flange attachment member extending from said upper surface of said flange for removably attaching said cleat to one of said cleat receiving members of said sole of said shoe; and

(c) a plurality of traction members extending from the opposing bottom surface of said flange, said flange distributing said weight over turf being walked on while said traction members provide traction against said turf; and

(d) said flange and said traction means having a combined profile of at most about 0.25 inch as measured from said upper surface of said flange to a bottom portion of a most downwardly extending portion of said traction means;

wherein said cleat provides traction against the ground without doing damage to the turf surface being walked on and without puncturing golf turf.

28. (new) The removable golf shoe cleat of claim 27 wherein said traction members comprise a resilient material.

29. (new) The removable golf shoe cleat of claim 27 wherein said traction members comprise a durable plastic material.

30. (new) The removable golf shoe cleat of claim 27 wherein said flange attachment member comprises a threaded stud extending from said upper surface of said flange of said cleat.

31. (new) The removable golf shoe cleat of claim 30 wherein:  
said traction members extending from said opposing lower surface of said flange comprise ribs; and

each of said ribs has a maximum height between about 0.03125 inch and about 0.125 inch.

32. (new) The removable golf shoe cleat of claim 31 wherein each of said ribs has a length and a series of cross sections taken at different points along said length, each of said cross sections having a respective height, said respective heights varying along said length of said rib.

33. (new) The removable golf shoe cleat of claim 27 wherein said opposing bottom surface of said flange has a convex shape.

34. (new) A removable golf shoe cleat for use in a golf shoe having a sole, said sole having a plurality of sole attachment means for attachment of removable cleats, said removable golf shoe cleat comprising:

(a) a flange having an upper surface and an opposing lower surface that distributes weight of a wearer of said cleat over turf being walked on;

(b) flange attachment means extending from the upper surface of said flange for removably attaching said cleat to one of said sole attachment means of said sole of said shoe; and

(c) a plurality of traction elements formed as a unitary plastic body with said flange and extending downward beyond said opposing lower surface of said flange, said flange facing away from said sole to contact and distribute said weight on turf being walked on while said traction elements provide traction on said turf;

wherein said traction is provided without doing damage to said turf and without puncturing golf turf.